



Acton Senior Bulletin



February 2012

The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.acton-ma.gov. Go to Government, then down to Council on Aging.

Be Prepared for Snowy Weather

In the event of a major storm you should be prepared to remain in your home for several days. These precautions will help you in weather emergencies:

- Updated emergency phone numbers and contact information
- Extra medications, both prescription and over the counter
- First aid supplies
- Three-day supply of non-perishable foods and drinks (1 gallon of water/person/day) and extra for pets
- Battery powered flashlights (with extra batteries), radio, manual can opener, candles, matches, cash

Services and Programs the Senior Center Offers

If you were wondering who does what here at the Senior Center, there are four organizations that together support Acton seniors.

The Council on Aging (COA) is a Town department that provides advocacy and support services, programs and activities, van transportation, and senior work and volunteer opportunities for residents 60 and older.

The Friends of the Acton Council on Aging is a volunteer, non-profit group that raises funds and provides financial assistance for both regular and special programs offered at the Senior Center.

The Council on Aging Board is volunteer, nine-member advisory board that works closely with the COA staff to advocate for seniors in ways that maximize their independence and quality of life.

Minuteman Senior Services is a non-profit organization that offers hot lunches on-site and home delivered meals through the Meals-on-Wheels program.

► Senior Center Road Trip!

The COA staff and Senior Center Building Committee have visited several newly constructed Senior Centers as we explore the possibility of building a new Center in Acton. We thought it would be helpful for our seniors to see a few. **Wednesday, February 15th** we will be visiting Northborough's Senior Center which was built in 2009 and on **Wednesday, February 29th** we will be visiting Hopkinton's Senior Center which was built in 2006. Our van will leave from our Senior Center at 9:30 and return around 11:30. Please sign up as space on the van is limited.

Director's Corner

Thanks to everyone who completed the survey we sent out last month. We appreciate your comments and feedback. The Senior Center Building Committee has an article on the warrant for Annual Town Meeting requesting funds for conceptual and schematic designs for a new Senior Center. There are informational sessions as well as trips to some other Senior Centers planned to help keep you up to date. Please look inside this newsletter for dates and times of the presentations and trips.

Sharon, COA Director

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The COA will be closed on Monday, February 20th.

Registration for classes/programs begins in person or by phone Monday, February 6th at 1:0

UPCOMING PROGRAM HIGHLIGHTS

FOR FEBRUARY.....REGISTRATION BEGINS MONDAY, FEBRUARY 6th at 1:00

Senior Center Building Committee Presentation

Monday, February 6th, 1:30-2:30

Join members of the committee in the living room for a presentation on current data and information gathered as we move forward with plans for a new Senior Center. Light refreshments will be served. A public forum on this topic is planned for February 13th at 7:00pm in room 204 of the Town Hall.

Ask the Nurse with Mindy Bloom

Wednesdays, February 8th, 15th and 29th, 8:00-11:00

Friday, February 10th, 10:30-11:45 and Thursday, February 23rd, 8:00-11:00

Mindy is a graduate student doing an internship at the COA through April. She has been a nurse for 13 years and is now completing her Masters in Nursing Education. She will be holding informal sessions in the dining room where you can ask medical questions. Stop by for a chat!

► Visit with State Senator Jamie Eldridge and Sate Representative Cory Atkins

Friday, February 10th, 9:30-10:30

Senator Jamie Eldridge and Representative Cory Atkins will be at the Center to hear from seniors about any issues you would like to discuss. Light refreshments will be served. Please sign up if you are interested in attending.

► Aging in the 21st Century

Thursday, February 16th, 12:30-1:30

Learn about the latest technology that can help you age safely and independently - Personal Emergency Response Systems, Remote Care Monitoring, Telemonitoring and more. The presentation is by the staff from The Elder Insider, an Internet-based company offering straight-forward information regarding options and resources to help seniors make informed choices. This is an informational presentation--there is no selling of services or products.

► Everything You Should Know About Real Estate Taxes, Abatements and Exemptions

Tuesday, February 21st, 1:00-2:00



Representatives from the Town of Acton Assessor's and Finance Departments will discuss taxation as well as the exemptions and abatements that are available to the Town's senior tax payers. This annual presentation includes information you will want to know about - it will be an hour well-spent!

► Veterans Services Appointments

Tuesday, February 28th and every last Tuesday of each month, 12:00-1:45

Veteran Services Officer James MacRae is available at the Senior Center to discuss veteran's benefits. Call Beverly at 978-929-6652 for an appointment. Home visits are also available by calling James at 978-929-6614.

► Indicates that you must register in advance!

TRIPS



► Isabella Stewart Gardner Museum Tour

Friday, March 23rd, leave NARA Park Lower Lot at 10:00

*****Note change in parking lot!*****

Experience the new \$114 million, 70,000 square foot wing at the Isabella Stewart Gardner Museum! We will begin with a one-hour tour of museum highlights, with time allowed for lunch in the museum café and to browse the museum on your own. Ms. Gardner collected and carefully displayed a collection comprised of more than 2,500 objects - paintings, sculpture, furniture, textiles, drawings, silver, ceramics, illuminated manuscripts, rare books, photographs and letters - from ancient Rome, Medieval Europe, Renaissance Italy, Asia, the Islamic world and 19th-century France and America. The original museum includes a courtyard garden built to evoke a 15th-century Venetian palace, with the new wing more a modern, glass-enclosed design.

Depart: 10:00 a.m., from NARA Lower Lot. Approximate return time: 3:30

Cost: \$35 due by February 29th, includes admission, tour, coach bus transportation (w/restroom), driver gratuity. Lunch is an additional expense.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: Friends of the Acton COA. Drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. ****NEW** Parking for trips is at NARA Park in the Lower Lot, unless otherwise noted.** Take Main Street/Route 27 North, left on Ledge Rock Way and park in the lower lot near the bath houses/beach.
5. Call COA Director, Sharon Mercurio, 978-929-6652, for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips. New cards are available in the COA office.

CLASSES

FOR FEBRUARY.....REGISTRATION BEGINS MONDAY, FEBRUARY 6th at 1:00

► What is Skype?

Wednesday, February 15th, 2:00-3:30, Computer Lab

Find out how you can visit with family and friends using Skype computer software. The free software allows you to make free video calls using an inexpensive video camera attached to your computer to others also on Skype for as long as you like, wherever and whenever you'd like. Limited to 5.



► Basic Drawing Class with Sue Funk

Mondays, March 12th through April 30th, 9:30-11:00

(No class on April 9th and 16th)

This class explores the fundamentals of drawing in a relaxed, informal atmosphere. Whether you are revisiting art or have never ventured close to pencil and paper, this class will reacquaint or introduce you to drawing and sketching. We will study "how to" draw faces, bodies, landscapes, still lifes, and perspective. Plus, come with a list of what you would like to learn to draw and Sue will work one-on-one with you. Bring the following: Sketchbook (at least 8x10), eraser, drawing pencils (No. 2 Ticonderoga recommended) and other media you want to explore. *Acton resident Sue Funk is an artist and MA certified teacher with experience teaching students of all ages.*

► Through the Lens of Poetry: 6 Week Poetry Workshop

Thursdays, February 9th, 16th, 23rd, March 1st, 8th and 15th, 2:30-4:00 (Call now as registration has started.)

The COA is very pleased to have received a grant from the Witter Bynner Foundation for Poetry so that we may offer a new poetry program! For more than 200 years poetry has been used to help us see ourselves fully. This program will explore a variety of themes relevant to our lives today. Patti Russo, MS, Certified Poetry Therapist, will facilitate. All poetry selections and writing exercises will be related to a weekly theme, including: mindfulness/gratitude, coming to terms with change and transitions, parenting, and reflections on our body. Participants will read and discuss poems by Mary Oliver, William Stafford, Stanley Kunitz, and Emily Dickinson, among others. The poems will also be used as a springboard into a reflective writing practice. Finding ourselves in the poems combined with giving voice to thoughts is a self-affirming process that often leads to greater self-awareness and new insights regarding what's important to us and how we relate to one another.

► Indicates that you must register in advance!

SENIOR CENTER CLINICS

in conjunction with the Acton Public Health Nursing Service

Podiatry Clinic: Tuesday, February 14th, 8:00-11:30 with Dr. Ayleen Gregorian

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments call 978-929-6650. *Funded by Friends of the Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, February 14th and 28th, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary.

DINING OPPORTUNITIES

FOR FEBRUARY.....REGISTRATION BEGINS MONDAY, FEBRUARY 6th at 1:00

*****Please sign up in the COA office for the following meals:***

► **Town Employee “Home Cooked” Luncheon**

Thursday, February 9th, 11:45

Our February luncheon of chicken cordon bleu, baked potato, salad, bread and dessert will be prepared by the Recreation Department. A \$3 donation is requested.

► **Concord Health Care Center Lunch**

Friday, February 10th, 11:45-12:45 (Reservations are open NOW for this lunch.)

A free lunch will be provided by Concord Health Care Center, a short- and long-term care facility with various specialties. The menu will consist of pot roast with potatoes and vegetables. After lunch, CHCC Director of Rehabilitation Nicole Walczewski will give a brief talk about what the facility has to offer, including its Joslin Diabetes Center program.



► **Monthly Breakfast with Talk on Winter Health**

Friday, February 17th, 9:00-10:00

Join us for a warm, plentiful breakfast! This month's chef is Veteran Services Officer James MacRae. At 9:30, Trish McGean, an RN at Emerson Hospital, will give a short talk on *Staying Healthy during the Winter*. She will offer simple tips to keep safe and healthy this winter. Call the COA by 2/15 for a reservation. Cost is \$2.00.

► **Inn at Robbins Brook Lunch**

Tuesday, February 21st, 11:45

Beef stew will be served for lunch. A \$3 donation is requested. You must sign up for this meal at least a week prior to the date in the COA office.

*****Please sign up in the Dining Room with Joy for the following meals:***

► **Minuteman Lunches** are served weekdays at 11:45. Voluntary donation is \$2. To sign up call 978-263-5053 by 10:30 the day before. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA. **Birthday Lunch: Wednesday, February 8th**

Valentine's Day Lunch: Tuesday, February 14th

Joy's Special Lunch, Wednesday, February 15th – Joy's making a delicious Chicken Cacciatore lunch, with salad and dessert. A \$3 donation is requested.

► **Indicates that you must register in advance!**

Donation Wanted

... We are looking for a Wii gaming system to replace the one damaged in an electrical storm. If you have a Wii you no longer use and would like to donate, please contact Judy at the COA at 978-929-6652.

... The Friends of the COA is continually collecting old cell phones and used printer cartridges as a fundraiser as well as to safely recycle the equipment. There is a drop box in the Senior Center dining room. Please remember to remove all personal information from the phone.

Senior Center Art Exhibit - In February we welcome local artist Catherine Meeks. Ms. Meeks majored in illustration with a career in graphic design and has exhibited her work extensively. She paints mostly in oil and pastel media while incorporating current technology into her creative process. Her current focus is landscapes and seascapes including historic architectural elements. She appreciates all varieties of atmospheric conditions as is evident in this fine exhibit. Call the office for viewing times.



Mercury Thermometer Exchange – The Board of Health department will exchange your mercury thermometer for a digital one. Just bring it to their office at the Town hall.



SENIOR CINEMA



Note: Due to the closing of local video stores, it may occasionally be necessary to make movie substitutions. You may call the office to confirm the selection on movie days.

Friday, February 3rd, 12:30-2:45, “The Help,” (2011, PG-13 for thematic material) - An aspiring author (Emma Roberts) who is living in Mississippi during the civil rights movement of the 1960s decides to write a book from the points of view of African American maids. Based on the novel by Kathryn Stockett.

Friday, February 17th, 12:30-2:05, “Midnight in Paris,” (2011, PG-13) – Owen Wilson and Rachel McAdams star as an engaged couple visiting Paris, but the romantic city actually puts a strain on their relationship. Wilson, a writer, conjures up visits with luminaries including Ernest Hemingway, Pablo Picasso, F. Scott Fitzgerald, and Cole Porter. Written and directed by Woody Allen.

Friday, February 24th, 12:30-2:25, “Dolphin Tale,” (2011, PG) - A heart-warming story centered on the real-life friendship between a boy and a dolphin that loses its tail in a crab trap. Stars Morgan Freeman, Ashley Judd and Harry Connick, Jr. Come on your own or bring the grandkids.

Friday, March 2nd, 12:30-2:45, “Moneyball,” (2011, PG-13) – Tells the true life story of the 2002 Oakland Athletics baseball team, who despite having the lowest payroll achieved an excellent season under the leadership of General Manager Billy Beane (played by Brad Pitt). Beane upset traditionalists by using statistics and mathematical analysis in player evaluation. Includes a scene shot at Fenway Park.

FUEL ASSISTANCE

South Middlesex Opportunity Council (SMOC) Low Income Home Energy Fuel Assistance

Call the COA at 978-929-6652 for an appointment for the fuel program which runs through April 30th. All applicants must submit a copy of a current photo ID. Only award letters from Social Security can be submitted as proof of Social Security income. To qualify, a household of one must have an income no greater than \$31,218 or a household of two must have an income no greater than \$40,824. Call Beverly for an appointment and application.

SMOC Fuel Assistance Update - As per state policy, clients who had insufficient documentation as of October 31, 2011 were all auto-denied. SMOC will send a denial letter to applicants and include a letter on how to deal with insufficient documentation. This should help applicants to send SMOC any new documents needed.

Emergency Fuel Assistance Fund - Managed by the Friends of the COA. Contact Sharon at the COA.

Citizens Energy Heat Assistance Programs offers free heating oil to people in need. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil for free. Citizens Energy / Distrigas Heat Assistance Program gives a \$150 utility bill credit to eligible households who heat with gas. You are eligible for assistance if you are facing a financial hardship and do not qualify for Fuel Assistance (LIHEAP) or you have used up your LIHEAP benefits, if you heat with oil, kerosene or natural gas and if you have not received financial help from Citizens Energy during this heating season. For more on the Oil Heat Program visit www.citizensenergy.com or call Citizens Energy at 617-338-6300. For the Distrigas program call 1-866-427-9918 and leave your name, address and phone. An application will be mailed.

Good Neighbor Energy Fund helps residents pay for heating fuel and other energy bills. The Fund is for those facing a short-term financial crisis and do not qualify for other fuel assistance programs. It is a joint effort between the gas and electric utility companies and the Salvation Army. Call the COA to apply. You are eligible for assistance if you are facing a temporary financial crisis that makes you unable to pay your energy bills, you do not qualify for other government energy assistance programs and you meet the Good Neighbor Energy Fund income limits. Note: To figure your annual income, you can count your income from the previous 12 months; or you can count your income from the most recent month times 12. To qualify, a household of one must have an income range of \$31,218-\$41,624 or a household of two must have an income range of \$40,824-\$54,432.

Social Security Administration in Waltham’s new address is 135 Beaver Street. Phone number is 800-772-1213.

EXERCISE

Exercise Cancellation Policy: If either Acton or Littleton schools are canceled or have a delayed opening because of inclement weather, exercise classes starting before 10:00 are **canceled** for the day.

* Please watch for weather-related cancellations on the news as we will only call people in the event of a cancellation that is NOT publicized on TV and radio.

* Call the COA for information on exercise classes starting 10:00 or later.

* If there is a storm during school vacations or holidays, call the COA before heading out for your class.

* If exercise is canceled for a non-weather related issue we will show an exercise DVD.

REGISTRATION HAS BEGUN FOR THE FOLLOWING WINTER CLASSES.....PLEASE CALL NOW

► **Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**

Wednesdays, through March 28th, 10:00-10:30 or (No class on 2/22) (Call now as registration has started.)

Thursdays, through March 29th, 11:00-11:30 (No class 2/23) (Class is full. Call for waitlist.)

All the exercises aim to increase strength, balance, and coordination, and are helpful in preventing falls. This is a low-impact program best suited for people getting little or no physical activity.

► **Acton Striders Walking**

Mondays, February 6th, 13th and 27th, 12:30-1:15 at the Senior Center with Judy (No walking on 2/20)

and/or Wednesdays, February 8th, 15th, 22nd and 29th, 8:45-9:30 at NARA Park with Liz (No walking on 2/22)

One and two mile walks will continue during the winter. We will not walk if the sidewalks are snow covered or icy but the cold weather in general will not deter us. If the weather is questionable call us to see if we're walking.

► **Beginners Tai Chi with Taoist Tai Chi Society instructors**

Tuesdays through March 27th, 11:00-12:00

This is a continuation of the Taoist Tai Chi for Beginners and is open to those participants only.

► **Continuing Level Tai Chi with Ray Caisse of the Taoist Tai Chi Society**

Thursdays through March 29th, 11:00-12:00 (Call now as registration has started.)

This class is only open to people with Taoist Tai Chi experience.

► **"Stretch and Flex" with Terri Zaborowski** (Class is full. Call for waitlist.)

Mondays through March 26th, 8:30-9:30 (No class on 2/20)

► **"Senior Cardio-Flex" with Terri Zaborowski**

Tuesdays and Thursdays through March 29th, 8:30-9:30 (Limited space available. Please call.)

or Wednesdays and Fridays, January 4th through March 30th, 8:30-9:30 (Class is full. Call for waitlist.)

► **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski**

Tuesdays and Thursdays through March 29th, 9:45-10:45 (Class is full. Call for waitlist.)

► **Zumba™ and Stretch Class with Instructor Yvonne Benelli** (Call now as registration has started.)

*Fridays thru March 30th, 10:00-10:45, (No class 2/24) *Change* Class canceled 3/9, will be made up on 4/13*

This cardio-based workout uses Latin-inspired music to tone and loosen the entire body. Floor work (extra stretching) is optional and done at the end of the class. The class has been adjusted with simpler movement options and a stretching segment. Exercise at your own pace and intensity levels. Bring an exercise mat if doing floor work. This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--a \$10 donation for the winter session is suggested.

► **Indicates that you must register in advance!**



Durable Medical Equipment Available to Loan: The COA has a variety of items such as canes, walkers and tub benches to borrow. We also have some less frequently needed items such as shoe horns and sock aids, so please give us a call. It's best to call Mary Lou weekday afternoons (except Wednesdays) at 978-929-6652 and please allow a couple of days to gather the equipment.

ONGOING ACTIVITIES

FOR FEBRUARY.....REGISTRATION BEGINS MONDAY, FEBRUARY 6th at 1:00

► **When the Heart Aches: Coping with Loss Support Group**

Fridays, 2/24, 3/23, 4/27, 5/25, 6/22, 3:00-4:30

This group has already begun meeting. If you'd like more information please call Liz at 978-929-6652.

► **AARP Free Tax Preparation with Paul Motyka**

(Call now as registration has started.)

Tuesdays, February 7th through April 10th, 9:00-12:00

Thursdays, February 2nd through April 12th, 1:00-4:00

AARP and the IRS are sponsoring free tax preparation for low and moderate income taxpayers through mid-April. Call the COA at 978-929-6652 for an appointment. The library also has appointments, call 978-929-6655. This service does not cover business or rental property returns or investment advice. Please bring a copy of last year's Federal and State tax returns as well as all tax forms for 2011, including W2, 1099R, 1099DIV, 1099INT, 1099MISC, Social Security, mutual fund statements, and brokerage statements. Don't forget to apply for the MA Senior Circuit Breaker tax credit. If you are age 65+, own your home and your real estate taxes plus water and sewer bills are more than 10% of your annual income, you can receive up to a \$980 tax refund even if you don't owe any taxes. Renters age 65+ (except those in subsidized housing) whose rent is more than 40% of their income are also eligible.

► **“All About Color” Art Workshop with Carol Bull**

Mondays through February 27th, 9:30-11:00 (No class on Feb. 20th) (Call now as registration has started.)

► **Watercolor Class with Sue Nordhausen**

(Class is full. Call for waitlist.)

Tuesdays through February 14th, 1:30-3:00

► **Watercolor Studio Workshop with Cynthia Durost**

(Class is full. Call for waitlist.)

Wednesdays through March 14th, 9:00-10:30

► **Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas**

Monday, February 13th, 1:00-2:00

Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal, or personal essays, come read your work to the group to receive feedback or learn from listening to others. Each meeting also has a particular focus, such as how to get started or finding your voice. Call to register if you are new to the group. Meet in the living room.

► **Chair Massage at the Senior Center with Nancy Ames, licensed massage therapist**

Friday, February 17th, 2:30-3:45

Massages may include the back, neck, shoulders, arms, and hands. A 20-minute chair massage is \$15 and should be paid to Nancy Ames with cash or check. Wear a long- or short-sleeved t-shirt. Make sure to note your appointment time as we aren't able to make reminder calls and **call the COA if you must cancel** an appointment.

“The Bookies” COA Book Club

Monday, February 27th, 1:00-2:00

This month the Bookies are reading *The Invisible Wall: A Love Story That Broke Barriers*, one of the four memoirs by Harry Bernstein that was published when he was 97 years old. It tells the story of a childhood marred by anti-Semitism, poverty, an alcoholic father, and a sister's forbidden romance. This book is in short-supply in the library network, so please request a copy directly from Acton Memorial Library, and you will be notified when it arrives.

Genealogy Group

Friday, February 10th, 1:00-2:30

Beat the winter blues by starting a new hobby! Whether you are new to genealogy or an experienced family history sleuth, come share your research, seek some advice or simply share your passion for with like-minded people.

► **Indicates that you must register in advance!**

ONGOING ACTIVITIES - continued

FOR FEBRUARY.....REGISTRATION BEGINS MONDAY, FEBRUARY 6th at 1:00

► **SHINE (Serving the Health Information Needs of Elders)**

Mondays, 1:30-3:30 (No appointments on 2/20)

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

Computer Club

Fridays, February 3rd and 17th and March 2nd, 10:00-11:30

Wednesdays, February 8th and 22nd, 1:30-3:00

Wednesday meetings will be self-directed while Fridays will continue to have a leader.

Please see the Monthly Calendar on page 11 for days and times of the following groups*: Poker, Tile & Board Games, Drop-in Pool, Crafting Group, Drop-in Bridge

*Regularly occurring groups and drop-in activities are sometimes canceled due to space constraints. Please call if you're not sure if something has been canceled.

► **Indicates that you must register in advance!**



TRANSPORTATION

The COA encourages all seniors to register with the LRTA Roadrunner van service. As our COA van gets busier, we want to be sure that you have other options for rides. Please call the LRTA at 1-800-589-5782 or visit www.lrta.com for an application or call the COA at 978-929-6652 and we can get one to you.

COA Van Snow Policy

If Acton schools are canceled or delayed due to weather, the van will not run until at least 10:00. This will give staff, van drivers and passengers time to assess road, driveway and walkway conditions and for riders to make other arrangements if needed. We will transport passengers later in the day, if weather and road conditions permit. If you are unsure about a scheduled ride on a wintery day, please call the COA at 978-929-6652 after 8:00.

COA Senior Van runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

MinuteVan Dial-a-Ride Shuttle Service runs Monday-Friday, 8:00-11:00 am and 3:00-8:00 pm. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-10:30am. Rides are \$2 in town and \$4 out of town. Rides are anywhere in Acton and certain locations in Concord, Maynard and Boxboro.

LRTA Road Runner Van runs Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, on Fridays the Road Runner offers rides along Route 110 in Westford including Emerson Health Care Center and Market Basket. All rides must be scheduled at least 2 days ahead of time. You *must* be pre-registered with the LRTA. Forms are available at the COA or from the LRTA at 1-800-589-5782.

MinuteVan Commuter Rail Shuttle runs between the West Acton Fire Station lot on Central St., the Mt. Calvary Church lot and the South Acton Commuter Rail Station. The service runs Monday – Friday, 6:45 am to 9:24 am and 5:10 pm to 7:24 pm. For information contact Michele Brooks at 978-844-6809 or visit www.minutevan.net to book online.

MART Van Service to Boston with daily stops at the Littleton Train Station to pick up riders who wish to go into the Boston/Alewife area. For more info on the shuttle times and cost call 1-800-922-5636 (press opt. 3).

Friendly Drivers Available to drive seniors to appointments, shopping, etc. Rides must be arranged ahead of time. You must register with the COA by calling Bev Hutchings at 978-929-6652. We encourage seniors needing a ride within Acton, Maynard or Concord, 8-4, Monday through Friday, to use the COA or Road Runner van. If, however, you need a ride not covered by our existing transportation, please call the COA.

OUTREACH & SUPPORT SERVICES

We are available to **Help You Find Resources** in the community to address many concerns related to aging. Call Bev, Outreach Coordinator, at 978-929-6652 for a confidential chat.

Handyman Program: Help for seniors with small repairs and simple household jobs.

Friendly Visitors: Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call Bev at the COA at 978-929-6652.

Food Pantries and Community Suppers: Call for a list of local area suppers and pantries. The **Acton Food Pantry** at 235 Summer Rd., Boxborough is open Wednesdays 10:00am-7:00pm except that it is closed on the 4th Wednesday of every month. Registration (ID and one bill with your name and address) required first visit.

Home Care Services: Please call the COA if you have questions on how to obtain home care services.

Minuteman Senior Services, our State Home Care, can be reached at 1-888-222-6171.

NSTAR Program for Low Income Customers: Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

SNAP - Supplemental Nutrition Assistance Program offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit www.mass.gov/dta.

Safety Sand for Seniors has resumed for the winter. Salted Highway Dept. sand is delivered in a 3 gallon pail to your home by AB Regional High School volunteers. Call the COA at 978-929-6652 to request a pail or refill.

Support Groups

Grief and Change - A support group for adults grieving the loss of a loved one. Call 978-264-4666 for info.

Wednesdays, 2/15, 3/14, 4/11, 5/9, 6/6, 3:00-4:00, Inn at Robbins Brook with Rosalyn Mamluk, LCSW

When the Heart Aches: Coping with Loss Support Group

Fridays, 2/24, 3/23, 4/27, 5/25, 6/22, 3:00-4:30, Acton Senior Center with Allene Riley Kussin, MA, LPC

This group has already begun meeting. If you'd like more information please call Liz at 978-929-6652.

Alzheimer's, Memory Loss and Dementia Care Givers Support Group

4th Wednesday of each month, 4:00-5:30, Inn at Robbins Brook with Eileen Lawson. Call 978-264-4666 for more information.

Health Programs with Minuteman Senior Services and Acton Medical Associates

Please contact Jennifer Beale at Minuteman Senior Services at 781-221-7014 for more information.

Diabetes Self-Management

Wednesdays, beginning February 1st, once a week for 6 weeks, 9:30-12:00

Acton Medical Associates, 312 Main Street, 3rd Floor Conference Room

A Matter of Balance - Fall Prevention

Wednesdays, beginning April 4th, once a week for 8 weeks, 9:30-12:00

Acton Medical Associates, 312 Main Street, 3rd Floor Conference Room

My Life, My Health - Chronic Disease Self-Management

Wednesdays, beginning June 27th, once a week for 8 weeks, 9:30-12:00

Acton Medical Associates, 312 Main Street, 3rd Floor Conference Room

You Have a Right to Choose Your Home Health Agency - Your doctor has prescribed a course of treatment that includes home health care and you've been given a list of agencies that provide those services. How do you choose the home health care agency that is right for you? The Acton Nursing Service, founded in 1923, is a Medicare/Medicaid certified Home Care Agency governed by the Acton Board of Health and offers skilled services covered by Medicare, Medicaid and most major insurance carriers. The experienced nurses and therapy staff are highly skilled and passionate patient-care advocates. Working together with the patient, family and physician, the clinicians at the Acton Nursing Service develop a plan to meet each patient's individual needs. For more information, please contact the Acton Nursing Service office at 978-929-6650.

AROUND TOWN...AND BEYOND

Town Clerk's Office - All dogs need to be licensed by March 1st to avoid a \$25 late fee. Spayed/Neutered dogs are \$15. Unaltered dogs are \$20. Checks should be made payable to the Town of Acton.

March 6th - Presidential Primary - If you would like an absentee ballot for any election, the Town Clerk's Office must receive an application. Please call them 978-929-6620 if you have any questions.

Recreation Department's annual free Winter Carnival is on Saturday, February 4th, 12-4 at NARA Park. Visit www.acton-ma.gov/events for information on this and other 2012 events.

Save the Date: Wellness University will be on **Saturday, March 31st, 9:00-2:00** at ABRHS. For more information or to register call the Health Department at 978-929-6632 or visit them at www.acton-ma.gov.

Highway Department - A winter parking ban is in effect thru April 1st. On-street parking is prohibited 1:00am – 6:00am. Please shovel the snow from the end of your driveway to the "downstream" side of the driveway. Free sand and salt mixture is available at the Highway Dept. on Forest Rd.

Mt. Calvary Lutheran Church Senior Lunch at 472 Massachusetts Ave.
Thursday, February 23rd, 12:15 -1:30 Donation suggested. Call 978-263-5156.

Indian Hill Music, 36 King Street, Littleton. Visit www.indianhillmusic.org or 978-486-9524 for information.

Bach's Lunch Concert - Thursday, February 16th, 11:00 and 1:30, Free admission.

Indian Hill Orchestra Concert - Sunday, February 26th, 3:00, Littleton HS, 56 King St., tickets \$20-\$45.

Concord Band's Winter Concert

Saturday, March 3rd, 8:00, 51 Walden St., Concord For reservations call 978-897-9969. Tickets are \$5.

Concord Conservatory of Music Free Concert

Thursday, February 9th, 1:00, West Concord Union Church, 1317 Main Street, Concord

The Concord Players Presents Amateurs

Senior Dress Rehearsal, February 9th, 8:00 at 51 Walden Street, Concord, \$5 per person

Giving Garland – Just a simple pair of socks or a pretty scarf brightens up a day for someone in need. Thank you all for the lovely donations to the Giving Garland here at the COA.

COA Resource Shelves



The COA has a new resource area that we encourage you to take a look at. Along with a selection of entertainment videos, we have reading materials on a variety of health issues. Also available are DVDs of programs recorded for Acton Community Access TV: the six part Eastern Religions program, Otis the therapy dog and a Medicare insurance presentation. Stop by the office and check it out!

The Acton 2020 Committee has been very busy over the last year working on a new Master Plan. This plan will influence decisions made over the upcoming decades about growth in the town, investments in infrastructure and services, and the character of the Town. The Acton 2020 Committee will present the final draft of the plan at a public meeting on Tuesday, March 6th at 7 pm in Town Hall. You are encouraged to come to the meeting, learn about the plan and get your questions answered. Information about the 2020 Committee and the plan is available on the Town's website at www.acton-ma.gov. In April, Town Meeting will vote on elements of the plan.

Please Welcome

... Bunny Lawton as our new volunteer library organizer. Thanks for taking over from the Warrens.

... Pam Sullivan as a new volunteer office receptionist on Tuesday mornings. Stop by and say hello.

... Mindy Bloom, an RN and Acton resident currently in a Masters Program at Salem State, will be doing an internship here at the COA and leading various presentations.

February	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	2012
	30 8:30-9:30 Stretch/Flex 9:30-11:00 All About Color 10:00-12:00 Drop-in Bridge 11:45 Town Employee Lunch 12:30-1:15 Walking Group at COA 1:30-3:30 SHINE	31 8:00-11:30 Podiatry Clinic 8:30-9:30 Cardio Flex 8:30 Newsletter Mailing 9:00-12:00 Tax Appointments 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Class	February 1 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 12:30-2:00 Crafting Groups 2:30-4:30 Drop-in Bridge	2 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 1:00-4:00 Tax Appointments		
6 8:30-9:30 Stretch/Flex 9:30-11:00 All About Color 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:00 Program Registration 1:00-3:00 Drop-in Pool 1:30-3:30 SHINE 1:30-2:30 SC Expansion Program	7 8:30-9:30 Cardio Flex 9:00-12:00 Tax Appointments 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Class	8 8:00-11:00 Ask the Nurse 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 11:45 Birthday Lunch 12:30-2:00 Crafting Groups 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	9 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 11:45 Town Employee Lunch 1:00-4:00 Tax Appointments 2:30-4:00 Poetry Class	10 8:30-9:30 Cardio Flex 9:30-10:30 Atkins/Eldridge Visit 10:00-10:45 Zumba 10:30-11:45 Ask the Nurse 11:45 Concord Healthcare Lunch 1:00 Poker 1:00-2:30 Genealogy		
13 8:30-9:30 Stretch/Flex 9:30-11:00 All About Color 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:00-2:00 Memoir Writing 1:30-3:30 SHINE 1:30 Friend of COA Meeting 3:45 COA Board Meeting	14 8:00-11:30 Podiatry Clinic 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Valentine's Day Lunch 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor Class - last	15 8:00-11:00 Ask the Nurse 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 9:30-11:30 Visit Northboro SC 10:00-10:30 Balance Class 11:45 Joy's Special Lunch 12:30-2:00 Crafting 1:00-2:00 Pool 2:00-3:30 Skype 2:30-4:30 Bridge	16 8:00-11:00 Ask the Nurse 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 12:30-1:30 Aging in the 21 st Century 2:30-4:00 Poetry Class	17 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 10:00-11:30 Computer Club 10:00-10:45 Zumba 12:30-2:05 Movie 1:00 Poker 2:30-3:45 Chair Massage		
20 COA CLOSED	21 8:30-9:30 Cardio Flex 9:00-12:00 Tax Appointments 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games 1:00-2:00 Tax Abatement Talk	22 8:30-9:30 Cardio Flex 9:00-10:30 Watercolor Class 12:30-2:00 Crafting Groups 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	23 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 1:00-4:00 Tax Appointments 2:30-4:00 Poetry Class	24 8:30-9:30 Cardio Flex 12:30-2:25 Movie 1:00 Poker 3:00-4:30 Coping with Loss		
27 8:30-9:30 Stretch/Flex 9:30-11:00 All About Color - last 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking Group at COA 1:00-2:00 Book Group Meeting 1:00-3:00 Drop-in Pool 1:30-3:30 SHINE	28 8:30-9:30 Cardio Flex 8:30 Newsletter Mailing 9:00-12:00 Tax Appointments 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:00-1:45 Vet Agent Appts. 12:30-3:00 Board & Tile Games	29 8:00-11:00 Ask the Nurse 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 9:30-11:30 Visit Hopkinton SC 10:00-10:30 Balance Class 12:30-2:00 Crafting Groups 2:30-4:30 Drop-in Bridge	March 1 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 1:00-4:00 Tax Appointments 2:30-4:00 Poetry Class	2 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-10:45 Zumba 12:30-2:45 Movie 1:00 Poker		

Winter Weather Programs and Classes Policy

(See page 6 for the exercise-related cancellation policy.)

If the Acton Schools are closed:

- All Senior Center classes and programs will be canceled and the Minuteman meal site will be closed.
- The Council on Aging office will remain open.
- Check school cancellation info on WBZ, WCVB and WHDH or radio stations WEEI and WBZ.

If the Acton Schools are delayed:

- ALL classes beginning before 10:00 will be canceled.
- Please call the office for classes beginning 10:00 or later to see if they will be held.

If in doubt call the COA with questions about classes.

Please Consider Receiving Your Newsletter by Email rather than through the postal service. For every household using email to receive the newsletter, the COA

saves about \$6.00 a year. For more information or to switch

to the email list, call Judy at 978-929-6652 or email

jpeters@acton-ma.gov. Thank you!

The Friends of the COA

A Thank You and a Reminder...

To everyone who responded to our annual appeal letter, thank you. Your generous response allows us to begin 2012 with the resources to continue our support of the wide array of classes and programs we all enjoy at the Senior Center. To everyone who set the appeal letter aside to do "after the holiday rush," won't you take a few minutes now to join the many Acton seniors and give us your vote of confidence for our work?



Thank You

...to Kevin and friends from the high school for helping out around the Senior Center including setting up and removing the holiday decorations.

...to the Gaining Ground volunteers for providing a delicious pancake breakfast and their donation of maple syrup.

...to the Finance Department for a fabulous baked ziti lunch.

...to Nancy Crowley, Exec. Director of Concord Park, for sponsoring lunch and memory talk with Dr. Lombardo.

The Acton Council on Aging thanks the Massachusetts Office of Elder Affairs. Funding from the state's formula allocation is utilized in part for staffing and programs.



Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.



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ACTON COA STAFF

Sharon Mercurio, Director
Judy Peters, Assistant to the Director/Van Dispatcher
Chris Chirokas, Program Coordinator
Bev Hutchings, Outreach/Volunteer Coordinator
Mary Lou Repucci, Staff Assistant
Priscilla Cotter, Van Driver
Ron Paskavitz, Van Driver
Liz Jewell, Health and Wellness Coordinator

ACTON COA BOARD MEMBERS

Barbara Tallone, Chair
Charlie Aaronson, Vice Chair
Stephen Baran
Ann Corcoran
Pat Ellis
Jim Papachristos
Sally Thompson
Paul Turner
Barbara Willson

Acton COA Board will meet on February 13th @ 3:45
Friends of the Acton COA will meet on February 13th @ 1:30